



Mindful Coaching: How Mindfulness Can Transform Coaching Practice

By Liz Hall

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Practicing mindfulness can give people more insight into their emotions, boost their attention and concentration and improve relationships.

Mindful Coaching shows coaches how to use mindfulness in working with clients on a range of issues including work-life balance; stress management; decision-making; coping with ambiguity; dealing with crises; employee engagement; heightening focus and clarity; communication; increasing presence; improved listening.

With case studies, resources and tools, this book explains the benefits of mindfulness and illustrates how it can be applied with clients and how it can be useful in various situations.

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Editorial Review

Review

"Reading Liz Hall's *Mindful Coaching* will fill you with the awe of the French soldier who first brushed sand from the Rosetta Stone and knew something significant had just occurred. Liz has integrated three fields; coaching, health and resilience, and mindfulness to reveal a technique for helping others (and ourselves) pursue dreams and shared visions. These are the practices that will also transform teams, organizations and communities. Read this book slowly to fully grasp its significance!"

(Professor Richard Boyatzis *Case Western Reserve University, co-author of Primal Leadership*)

Coaches, especially those working with managers and leaders; Leaders and managers; Life coaches

About the Author

Liz Hall is an award-winning journalist and coach. Awards include the Periodical Training Association's Journalist of the Year award and the Association for Coaching's Award for Impacting (Leadership/External Focus) Service to the Wider Community for 2010-11. She is the editor and co-owner of *Coaching at Work* magazine, has written and worked for publications including *The Guardian*; *The Financial Times*; *The Observer* and *The Daily Mail*. She has written publications including *The Employers' Guide to Screening Employees* and *The Employer's Guide to Monitoring Employees*.

Users Review

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